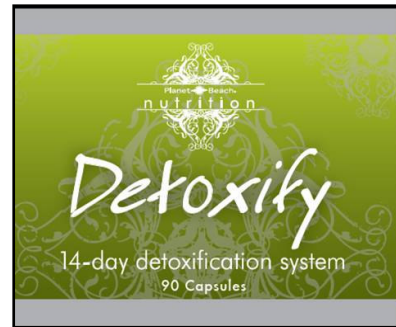


DETOXIFY 14 Day Detoxification System

Now available from Planet Beach® Nutrition



WHAT IS DETOXIFICATION?

Imagine how you'll feel 14 days from now. Alert, energetic, revitalized, no longer dependent on sugar or substance, happy...HEALTHY! You can achieve all of this and more with detoxification.

Each day you come face to face with potentially damaging toxins. These poisons are in the food you eat, the water you drink, and even in the air that you breathe. Left unchecked, these toxins have the ability to disrupt the natural functions of the body and make you sick. They can affect your digestive system, our circulatory system, and your immune system. If they are not regularly flushed from the body, they will rob you of your health. Fortunately, nature has provided a solution to the toxic problem –detoxification. Detoxification is not a fad diet designed to temporarily shave off a few pounds. It is the amazing natural ability of the body to renew and recharge itself. Just as you would spring clean and maintain your home, detoxing cleans and maintains your body.

HOW DOES IT WORK?

Our body is a complex and wonderful organism made up of many specialized parts, each with its own unique job to do.

When all the parts of your body are functioning properly, you enjoy good health and seemingly boundless energy. However, like any finely tuned machine that relies on proper interactions of its parts, your body requires routine maintenance to ensure against a breakdown. Another thing that your body as common with a high performance engine is the need for proper fuel to provide energy, lubrication, and the building blocks required to repair and replace damaged cells. Many of your organs are given the job of converting the food and drink that you digest into a form that your body can use, and removing the by-products of those foods before they can make you sick.

Liver: The liver as the primary function of trapping substances that may be harmful to your body and metabolizing them into items that your body can retain without harm, or expel.

Kidneys: The kidneys filter the blood, eliminating toxins and by-products and ensuring a proper balance of fluid in the body. They also work to maintain necessary amounts of potassium and sodium.

Lymphatic System: The lymphatic system works to dispose of waste in your tissues, and serves a vital role in supporting the immune system. The system is a network of vessels and lymph nodes, which run from head to toe. A fluid called Lymph is produced that absorbs microorganisms, dead cells, excess fluids, and other waste products. This waste is transported through the vessels to the lymph nodes where it is filtered and passed over to the circulatory stem, which transports it to a place where it can be eliminated from the body through urine, feces, sweat, or exhaled vapors.

Skin: The skin serves as an indicator of your internal health. As an organ, it excretes large amounts of waste and toxins that may irritate its surface. Acne, rashes, and other abnormalities of the skin may be

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caused or aggravated by harmful substances that are being expelled from the body. If any of these organs does not efficiently perform its duties, our overall health will decline. A buildup of toxins in the organ may cause it to slow down and its ability to function will be compromised. Any organ that is bombarded by toxins throws the body out of balance, and illness becomes inevitable. The only way to restore the necessary balance is to remove the offending substances via detoxification.

COMPLETING THE PROGRAM

Most anyone can complete a detoxification program and enjoy the benefits of improved health and increased energy.

Whether you are young or old, busy housewife or high-powered executive, detoxification offers you the same relief from the high-stress, high sugar, high preservative, fast-food dependent, low activity lifestyle that so many people are living today. Do you dare to imagine what impact stress and eating on the run has had on your insides? (Over time the negative effects will not be able to be ignored.) Now is the time to come to your own rescue with a detoxification program to restore cleanliness and health. You will be amazed by the results you will achieve with a little determination and will power!

SIGNS THAT YOU MAY NEED TO DETOXIFY

- Allergies
- Bad skin
- Body odor or sweating
- Dependency on sugar, caffeine, alcohol
 - Headaches
 - Lack of energy
- Absent-mindedness, confusion

BENEFITS OF DETOXIFICATION

- Increased energy
- Improved mental clarity
- Reduced dependencies and cravings
- Restored digestion and elimination

YOU SHOULD *NOT* DETOXIFY IF:

- You are pregnant or breastfeeding
 - You are diabetic
- You are being treated by a doctor for a medical condition
 - You have anemia
 - You are underweight

WHAT TO EAT

The basic principle of the detox program is to eat 4 to 6 small meals each day made up of healthy, detoxifying foods. The meals should be eaten regularly so that you can maintain your energy and give your body the fiber and nutrients that it needs to cleanse.

This program is not meant to deprive you of flavorful, appealing foods, or to feel like a "diet." On the contrary, choosing and preparing healthy foods can be an enjoyable activity. These foods have a high content of nutrients and fiber, and the ability to aid your body in its journey to health. Simply eat the

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healthy foods that you enjoy! Focus on fresh fruits and vegetables, whole grains, nuts and seeds, and lean proteins. During detoxification, you should avoid processed foods, white sugar, white flour, red meat, alcohol, caffeine, and any other “unhealthy” items. Don’t be afraid to experiment with food combinations during your program. A potentially bland green salad can be made delicious with a dash of olive oil and the addition of berries, nuts and herbs. Grilled fish with a spicy fruit salsa is simple, healthy, and a personal favorite. Eating healthy is supposed to be fun, so mix it up! Try to get all of your food in as fresh a condition as possible. Avoiding pesticides, as well as canned and processed foods will give you the best results. Also, try to eat the foods as close to their natural, raw state as possible except for meats and eggs, which should be thoroughly cooked to avoid potential food borne illness. The nuts and seeds that you eat should not be roasted or salted.

WHAT TO DRINK

Keeping your body well hydrated is always important, considering that it is made up of 80% water, but it becomes especially important during detoxification.

Water is what your body will use to flush itself of toxins and impurities and eliminate them. Your goal is to drink at least 3 quarts of water per day. This may seem like a lot of water, and a lot of extra trips to the restroom, but your body will soon adjust and normalize itself to keep your bathroom breaks to a minimum. In addition, you may drink any herbal teas or fresh fruit and vegetable juices that you desire. The best option for juices is to make them yourself at home with a juice extractor, but many high quality juices are available for purchase as well. Make sure that the juices are pure, not from concentrate, with no added sugars or preservatives. During detoxification you should avoid sodas, alcohol, and any drink containing added sugars, colors, caffeine, or artificial sweeteners.

SUPPLEMENTS

You should take three capsules of the detoxification formula both morning and night with a meal. It is also a good idea to take a high-quality multivitamin each day along with a good source of essential fatty acids, such as flax seed oil. Do not discontinue the use of any prescribed medications. If you have any questions about how a detoxification program may affect your medications, please see your health practitioner.

HEALING CRISIS

During a detoxification program, some people may experience symptoms of discomfort known as a healing crisis. These symptoms are caused by your body’s attempt to rid it of toxins. They are usually mild and last for only a short period of time. The most commonly experienced healing crises are headache, sore throat, and mild achy flu-like symptoms. If you have any symptoms that are severe or last for an extended period of time, see your health practitioner, as the symptoms may be a sign of illness.

HELPFUL ADDITIONS

As you make your way to better health, find some time to focus on yourself. Any activity that you can do to rest your body or relieve stress will help with the detoxification process: Having a massage, facial or pedicure; taking a nap; spending some time outside in the fresh air. Make it a point to do things that you enjoy!

DETOXIFICATION DAILY SUMMARY:

- Take 3 capsules of the formula both morning and night.
- Drink 3 quarts of pure water.
- Eat 4-6 small, healthy meals.
- Make time for relaxation, pampering, or light exercise.

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